

Testar

7

If you can keep your head when all about you

Are losing theirs and blaming it on you;

If you can trust yourself when all men doubt you,

But make allowance for their doubting too:

If you can wait and not be tired by waiting,

Or, being lied about, don't deal in lies,

Or being hated don't give way to hating,

And yet don't look too good,

nor talk too wise;

If you can dream - and not make dreams your master;

If you can think -

and not make thoughts your aim,

If you can meet with Triumph and Disaster

And treat those two imposters just the same:

If you can bear to hear the truth you've spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

And stoop and build 'em up

with worn-out tools;

If you can make one heap of all your winnings

And risk it on one turn of pitch-and-toss,

And lose, and start again at your beginnings,

And never breathe a word about your loss;

If you can force your heart and nerve and sinew

To serve your turn long after they are gone,

And so hold on when there is nothing in you

Except the Will which says to them: "Hold on!"

If you can talk to crowds and keep your virtue,

Or walk with Kings -

nor lose the common touch,

If neither foes nor loving friends can hurt you,

If all men count with you, but none too much:

If you can fill the unforgiving minute

With sixty seconds' worth of distance run,

Yours is the Earth and everything that's in it,

And - which is more - you'll be a Man, my son!

- Rudyard Kipling

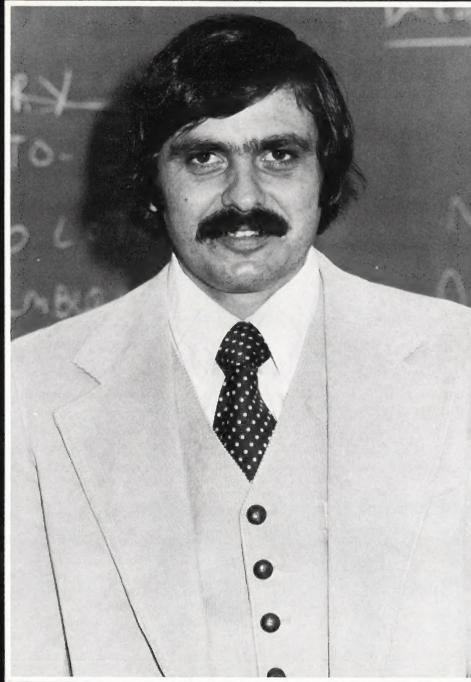
Table of Contents

Dedication	Page 2
Administration/Faculty	Pages 3-14
Seniors	Pages 15-46
Clubs	Pages 47-54
Sports	Pages 55-72
Candids	Pages 73-102
Proms	Pages 103-108
Graduation	Pages 109-115
Directory	Pages 116-120



The class of 1977 would like to dedicate this volume of Pope John High School's history to one whose strong example has left a lasting impression on our lives - Sister Mary Ursula. Her striving for excellence in any task she undertakes has taught us never to accept anything but the best from ourselves.

We thank Sister Ursula for her kindness and would like her to know how greatly we appreciate the fruits of her leadership. We wish her every happiness and urge her to continue bringing understanding and love into the lives of young people.



ADMINISTRATION

FACULTY

Sister M. Ursula,
Principal



Sister CorMarie,
Vice-Principal



S. Theophane
S. Josephine Marie
S. Theresilla



S. Irene Marie
Mrs. Ann Tomililo
S. Dorothy Grace



S. Catherine Mozzicato
Mrs. Alice Lepore
S. Mary Patricia



Ms. Joan Borelli
Teaches History and Thanatology. B.A., M.A., Framingham State. Junior Class Activities.

Mr. Dennis P. Cronin
English Department. University of New Hampshire. Assistant Football Coach.

Mrs. Rose S. Pavone
English Department, Salem State College. Freshman Class Advisor.

Mr. Daryl E. Graves
Boys' Physical Education. Keene State College, Suffolk University.

Ms. Patricia Rossvall
Spanish Department. Regis College. Moderator Spanish Club.

Mr. Michael Passanisi
Teaches French, Religion, and Italian. B.A., M.A., Boston College.

Ms. Claudia Hurley
Spanish Department. Regis College.

Sister Mary Alice O'Loughlin
English Department and Head Librarian. Boston College and Regis College. Aids in Parents' Newsletter and Library Council.

Mr. Ronald Colochico
Science Department. Merrimack College.

Mrs. Clara A. Clemeno
Math Department. Regis College and State College at Boston. Involved in Bowling, P.T.A., C.C.D.

Mrs. Marianne B. Neal
Girls' Physical Education. St. Joseph College, Emmitsburg, Maryland. Cheerleading Coach, Girls' Bowling League, Girls' Volleyball Intramurals.

Mr. William Kemeza
Religion Department. B.A., Temple University and M.A., Andover-Newton Theological School.



S. Catherine Siena
Teaches French and Religion.

Mr. Guy LaTerza
Math Department.

Sr. Nancy Brennan
History and Religion Department.
Framingham State, Boston State
College. Coaches Cross Country,
Spring Track, and Freshman Basket-
ball.

Mr. Paul J. Bossé
Teaches Chemistry, Physical Sci-
ence, and Earth Science. Merri-
mack College. Senior Banquet,
Science Fair.

S. Jean Vianney, O.P.
Science Department. B.S., DePaul
University, M.S., Boston College.
Travel and Bowling Clubs.

Mrs. Nancy J. Whalen
French and Religion Departments.
Salvé Regina College, Newport, R.I.,
Sarbonne, Paris, France. Travel Club.

Ms. Deborah A. Isherwood
Math Department. Bridgewater State
College. Likes Camping and Photogra-
phy. Girls' Basketball Coach.

Sister M. Anna
English Department. Assistant Librar-
ian. Boston College.

Mrs. Maureen Demsey
English Department. University of Ma.
in Amherst. Yearbook Advisor.

Mr. Fred Chase Walsh
English and History Departments.
B.A., University of New Hampshire,
M.Ed., Suffolk University. Coaches
Football and Track. Weight Training
Coordinator.

Sister M. Alberto
Teaches Art and Spanish.

Mr. Paul Logan
Religion and History Depart-
ments. A.B., St. John's Sem-
inary, M.A. Cand., Boston
State College. Involved in
Folk Group, Scouting, Liturgy
Committee, and Forensic
Society.



Mr. Frank Sullivan
Religion Department. B.A., St. John's Seminary, M.Ed., Suffolk University. Enjoys Bowling, Hockey, and Skiing.

Rev. Michael J. Regan
Religion Department. St. John's Seminary, Boston College, University of San Francisco. Is a C.B. Radio Fan.

Mr. Kevin Van Cisin
English, History and Spanish Departments. B.A., St. Anselm's College, M.Ed., Suffolk University. Coaches Baseball and Basketball.

Sister Mary Louisa
Teaches Personal Typewriting. Boston College.

Ms. Madeline Webster
Religion Department. B.A., Harpur College S.U.N.Y., M.S., N.Y.U., Andover Newton Theological School.

Sister M. Sabas
English, Religion, and History Departments. B.S.E., Regis College, M.A., Boston College.

S. Catherine Clare McGarry
Teaches D.S.A.S., Science Department Head.

Mr. Richard A. Cucchiara
Science Department, Merrimack College, Salem State College. Biology Club, Audio-Visual Aids, Genealogy Club, and Photography Club.

Mr. Richard F. Neal
Math Department. B.A., Providence College. M.Ed., Framingham State. Director of Athletics. Baseball Coach.

Sister M. Corita
English Department Head. Teaches English.

Miss Mary A. Sullivan
Religion Department. Boston College.

S. Mary Charles
Head of the Social Studies Department. Emmanuel College.

Mr. Peter J. MacNeil
Teaches Psychology, Sociology, and Religion. St. Anselm's College, Manchester, N.H.

Mrs. Doherty
Math Department. Merrimack College.



SENIOR HOME

ROOM TEACHERS

WANTED



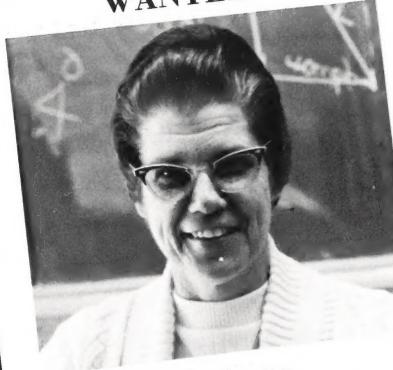
S. Mary Marjaria
Suspect for blowing up physics lab
with fusion bomb.

WANTED



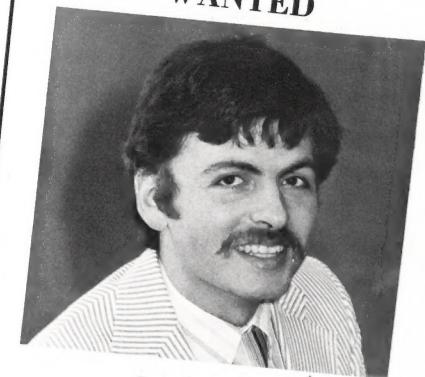
Thomas Totten
For robbing the bank. Sometimes
disguised in mustache.

WANTED



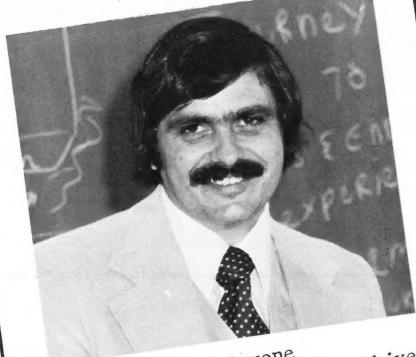
Sister Myrna
For stealing the school's basketball.
Watch out - dangerous hook shot!

WANTED



Jay Cuticchia
For tax evasion - owes enormous
amount. Sneaky face!

WANTED



Ray Pavone
For Killing Duncan. Reckless driver
- beware!

WANTED



William Kilmartin
For stealing top secret government
file. Cunning grin!

WANTED



Mary Reilly
For kidnapping rich old man from
nursing home. Disarming personal-
ity!



Mr. Urban Doucette



Mrs. Barishman,
School Nurse



Mr. William Feydo



Mrs. Esther Gugenheim

Mrs. Justine Vuolo

Mrs. Mary Doherty

Mrs. Rachel Pizzano

Mrs. Mary Simpson

Mrs. Arlene Murphy

Mrs. Loretta Steeves

SENIORS



**Lorraine E. Cervizzi**

"I'll catch the sun and never give it back again. I'll catch the sun and keep it for my own. And in a world where no one understands, I'll take my outstretched hand and offer it to anyone."

**Lauren M. Chiavelli**

Celebrate, change your thoughts to love. Celebrate, what your thinking of. Time isn't long, soon we'll be moving on, moving on . . .

"Party on"

**Kathy A. Coppola**

Today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. We don't remember the days, we remember the moments.

"Party on"

**Robert Collins****Sheila Connelly**

Today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope . . .

**Roberta T. Constantine**

If you wish to see the valley, climb to the mountain top; if you desire to see the mountain top, rise into the cloud; but if you seek to understand the cloud close your eyes and think.

**Christine Ann Clifford**

"Chris"

Go placidly amid the noise and haste and remember what peace there may be in silence.

**Jean Colarusso**

"Ain't got no troubles in my life no foolish dreams to make me cry. I'm never frightened or worried I know I'll always get by."

**Annmarie Colasanti**

"It is only with the heart that one can see rightly. What is essential is invisible to the eye."

**Robert Coughlin Jr.**

"Was the fin on your back part of the deal?"

**Patrice Cowhig**

Snakes have no armpits.

**Robert Cronin**

Things are seldom what they seem.

**Elaine C. Sexton**

"If it weren't for the last minute a lot of things wouldn't get done."

**John J. Sicus**

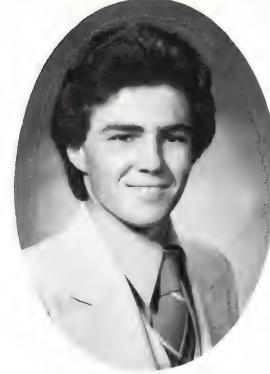
"Enjoy your life today and don't worry about what problems you might have, because tomorrow you might not be here to solve those problems."

**Edmund L. Silverio**

"Buddy"
"Be like lions roaring in forests of knowledge; Whales swimming in the oceans of life."

**William G. Sheppard**

"There are so many things in life that I haven't seen or done yet."

**Craig Smith****John Solomons**

"The reward of a thing well done, is to have done it."

seventy seven seventy seven seventy seven seventy seven seventy seven seventy seven
seven seventy seven seventy seven seventy seven seventy seven seventy seven seventy seven
seventy seven seventy seven seventy seven seventy seven seventy seven seventy seven

**Lauren G. Sinnott**

"Time wanders on through the paths of our lives as each new sunrise is a new doorway to life."

**Brian D. Shea**

"Give me a place to stand and I will move the world."

**John L. Sheehan**

"Cat"
"When I work, I work hard, When I sit, I sit loose, When I think, I fall asleep."

**Paul Solviletti**

"When the dream came, I held my breath with my eyes closed; I went insane, like a smoke ring fading when the wind blows. Now I won't be back till later on, If I do come at all, but you know me."

**Joann Speranza**

"Jo"
"Shadows of yesterday and promises of tomorrow keep in my mind at peace - and I am concerned with nothing but the reality of today."

**Toni E. Spinazzola**

"All is fair in love, love's a crazy game. Two people vow to stay in love as one they say, but all is changed in time. The future none can see, the roads we leave behind, ahead lies mystery."



Patrice Viehl

Dreamers live forever.



Mary Ellen Walsh

We've experienced new and lasting friendships, fond memories which will always have a place in our hearts.



Ellen Ward

You give but little when you give of your possessions. It is when you give of yourself that you truly give.



Lynelle White

You just keep rising, spinning in white clouds.



Robert Yasi

If it weren't for the last minute, a lot of things wouldn't get done.



Jeanne Zackular

We're all falling, we never learn about it
till we land.





Senior Class Officers



Executive Board



Student Council



Blue Key Society



Biology Club



Spanish Club



Travel Club

**Spanish
National Honor
Society**





**Library
Council**

**Bowling
League**



Audio-Visual Club



National Honor Society



Chess Club



Liturgy Committee

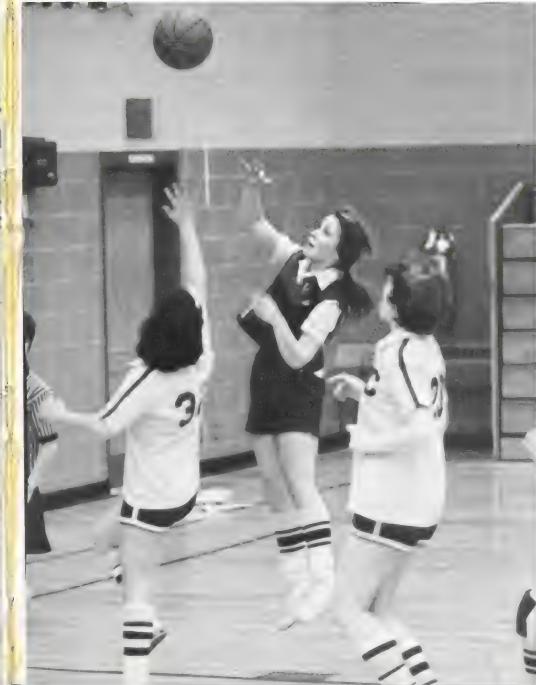




















C A N D I D S



Say cheese!



Well, let me put it to you this way . . .



I'll slap you.



Wait till Sister sits on her chair!



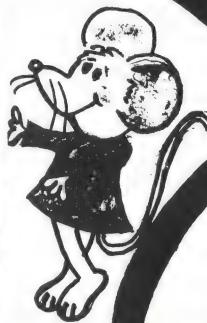
We just flattened your tires, Mr. Pavone!!



got any drugs.



You mean I won the candy bar raffle???



Treat everyone with equal
kindness



Never be condescending



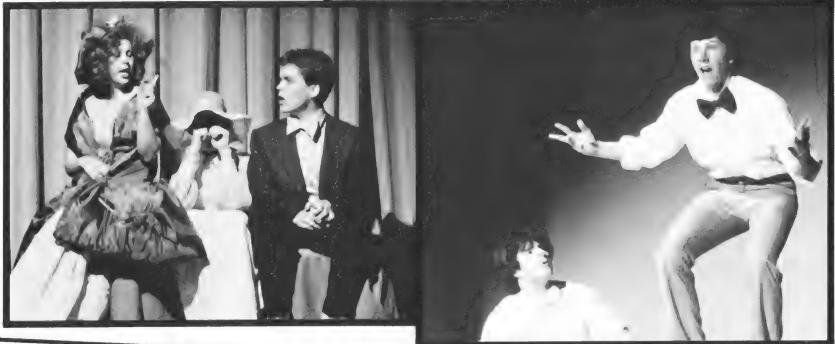
But make real friends.



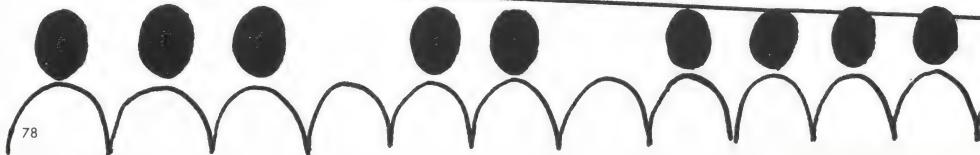
Do not allow yourself
to become satisfied . . .

Live at peace
with everyone.

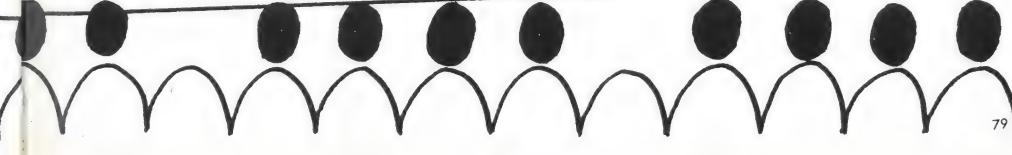
Hello Dolly



Foster
77



78

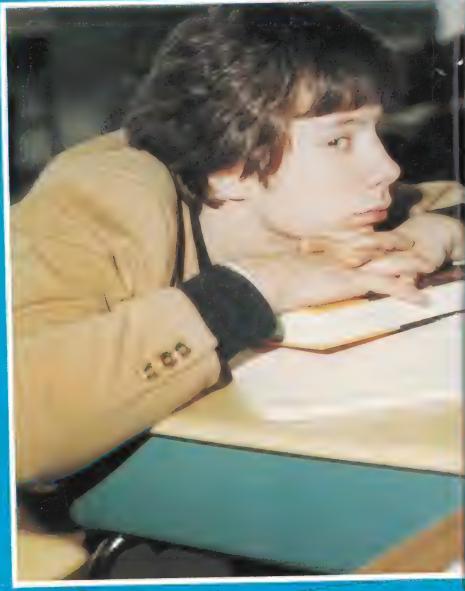


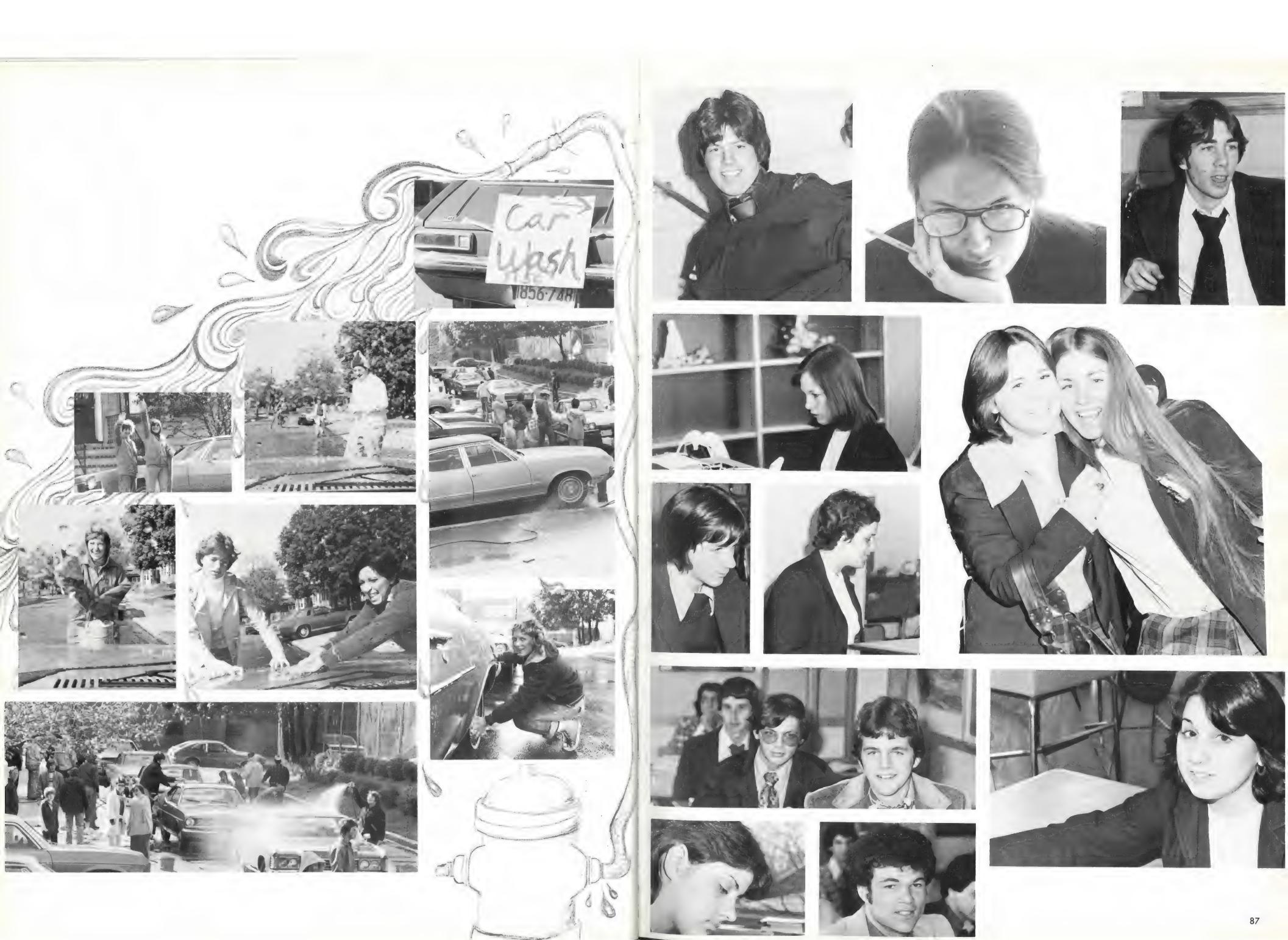
79

Distinguished Visitors at P J H

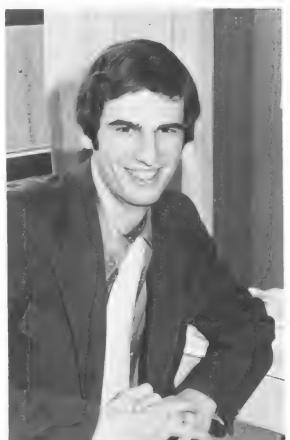
















You need
to keep
finding
yourself, a
little more
each day,
that real,
unlimited
you. He's
your
instructor.
You need to
understand
him and
practice him.





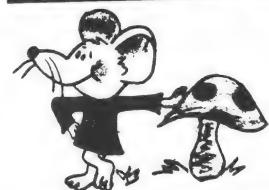
Ask me if I care . . .



No, it isn't my fourth year as a senior.



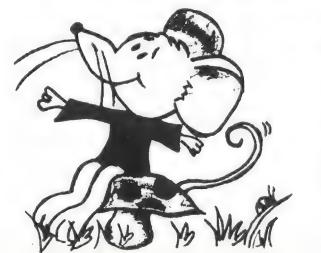
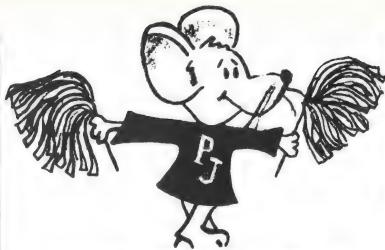
Now if I put this over here . . .



98
How's the pen taste, Fred.



99
Hey . . . Woody!



See Spot run . . . See Dick run . . . after



In Appreciation

We, the yearbook staff, would like to express our appreciation to Mrs. Demsey, our advisor. Without her time, understanding, and total giving of herself, this book would not have been possible. Thus, we say "thank you" to one beautiful lady.



P R O M S



POPE JOHN

JUNIOR PROM

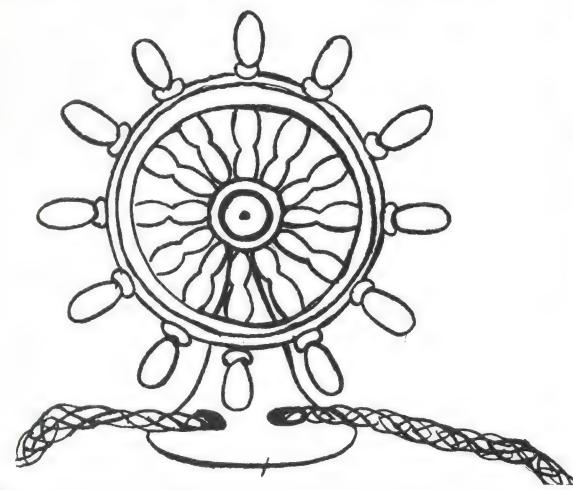
Montvale Plaza, Stoneham
May 20, 1976



SENIOR PROM

Pier 4 April 28





GRADUATION







Carol Ann Aloisi
204 Chelsea St.
East Boston
teacher

Francene Amari
172 Oliver St.
Malden
animal technician

Ella Arnau
364 Bremen St.
East Boston
journalism

Mary Jo Astuti
14 Harley Ave
Everett
business education

Charlie Barbaro
227 Belmont St.
Everett
mechanical engineer

Al Barbat
29 McKinley St.
Everett

Francesca Barsanti
17 Heath St.
Somerville
law

Georgiann Bianchi
62 No. Milton St.
Malden
lawyer

Rosemary Boczenowski
5 Fenwick St.
Malden
journalism

We would like to thank everyone who helped to make this publication possible. Mr. Delaney of the Taylor Publishing Co. was a godsend helping us to meet our deadlines. We extend a special thanks to Mr. John Neister whose creativity and inspiration have added a unique dimension to this book.

The Yearbook Staff

Ann Boyle
25 Haskell Ave
Everett
registered nurse

Richard Bradshaw
127 High St.
Charlestown

Cheryl Burgess
412 Lebanon St.
Malden
cosmetologist

Brian Burke
228 Russell St.
Everett
state trooper

Mary Bussey
9 Willow Ave
Revere
therapist

Denise Caiazzo
112 Park Ave
Revere
Spanish major

Monica Cameron
16 Sheddell Ave
Everett
medical secretary

Ellen Carty
59 Burbank St.
Revere
physical therapy

Bob Caramanica
41 Revere St.
Everett
accountant

Carol Card
37 Princeton Rd.
Malden
registered nurse

John Carroll
1 Mt. Vernon Ave.
Charlestown

Joseph Caruso
537 Highland Ave.
Malden
dentist

Suzanne Caruso
8 Northern Rd.

Malden
accountant

William Castro
21 Mt. Vernon St.
Charlestown
state trooper

Robyn Cerrone
189 Vane St.
Revere

Lorraine Cervizzi
224 Park Ave.
Revere
doctor

Lauren Chiavelli
8 Hillside Ave.
Everett
social worker

Kathy Coppola
9 Hillside Ave.
Everett
probation officer

Chris Clifford
21 Fairlawn St.
Everett
legal secretary

Jean Colarusso
29 Thacher St.
Boston

AnnMarie Colasanti
230 Ferry St.
Everett
journalist

Robert Collins
32 Vernal St.
Everett

Sheila Connelly
181 Cowper St.
East Boston
medical assistance

Roberta Constantine
122 Cottage St.
Everett
nurse

Robert Coughlin
56 Gilbert St.
Malden
civil engineer

Patrice Cowhig
303 Proctor Ave.
Revere
gymnastic teacher

Robert Cronin
224 Park Ave.
Revere
lawyer

Mario D'Angelo
18 Sheafe St.
Malden
businessman

Kathryn Davis
7 Woods Place
Charlestown
veterinarian

Brian Dawley
41 Oakwood Ave.
Revere
plumber

Lisa Dawley
246 Reservoir Ave.
Revere
dental hygienist

Joan Desmond
17 Warren St.
Everett
art - therapist

Giocinda DiBiase
Lot A Lookout Terr.
Lynnfield

Kelli Dill
111 Derby Rd.
Revere
special education

Richard DiNatale
14 Pierce Ave.
Everett
accountant

Patricia Dixon
14 Howard St.
Malden

James Doherty
106 Waverly St.
Everett

Steve Doherty
20 Andrew St.
Everett
broadcasting

Robert Donovan
89 Stratford Rd.
Melrose
architectural engineer

Joseph Dukeman
28 Bainbridge St.
Malden

art field

Adrienne Eames
9 O'Reilly Way
Charlestown
x-ray technology

Michael Egan
96 Ferry St.
Everett

Joanne Evangelista
8 Elwood St.
Everett
nursing

James Falvey
58 Autumn St.
Everett
government

Dennis Fasciani
134 Cottage St.
Everett
engineering

Lori Ferguson
65 Elm St.
Melrose
journalism

Donna Fiore
119 Webster St.
Malden
physical therapy

Richard Foley
69 Preston St.
Everett

Richard Foster
60 Sagamore Ave.
Chelsea
commercial artist

Stephen Frisiello
91 Central Ave.
Everett
pharmacy

Michael Fuller
169 Shute St.
Everett
law

Susan Gertz
118 Gledhill Ave.
Everett
social worker

Charles Goyetche
118 Bucknam St.
Everett
draftsman

Anthony Grassia
141 High St.
Everett
accountant

Robert Guerra
7 Russell St.
Charleston
journalist

William P. Hanefant
144 Walnut St.
Everett
electrical engineer

William S. Hanefant
180 Shute St.
Everett
law

Patricia Harrington
48 Spencer Ave.
Chelsea
law

Patricia Havey
39 Cleveland Ave.
Everett
sociologist

Noreen Hazelton
29 Willard St.
Chelsea

Cheryl Holden
140 Bayswater St.
East Boston
law

Joyce Holmes
244 Kennedy Dr.
Malden
marketing

Maureen Honahan
22 Ashland St.
Medford
interior design

Mary Horgan
31 Wyoming Hts.
Melrose
oceanographer

Paul Hurst
10 Washington St.
Everett
medicine

Philip Juidice
15 Fenway St.
Revere

Lettie Kelley
67 Prescott St.
Everett
psychology

Anne Kelly
57 Baldwin St.
Charlestown
special education



Theresa Kelly
100 Jaques St.
Somerville
secretary

Josephine Kennedy
16 Mason St.
Everett
math teacher

Mark Kennedy
50 Thurman Pk.
Everett
medicine

Patricia Kennedy
30 Raymond St.
Everett
dental hygienist

John Kirby
9 Maynard St.
Malden
broadcasting

Vincent La Frazia
99 Golden Ave.
Medford
data processing engineer

Margaret Leahy
80 Summer St.
Everett
nurse

Patricia Lee
18 Autumn St.
Malden
special education

Mary Lemeiux
16 Forest Ave.
Everett
political science

James Leonard

2 Adams St.,
Charlestown
license contractor

Mary Levett
347 Lebanon St.
Malden
rehabilitation

June Lipnoski
18 Stearn St.
Malden

Denise Lucey
209 Hancock St.
Everett

Mary Lynch
15 Gilmore St.
Everett

Fred MacKay
32 McKinley St.
Everett
accounting

Barbara Maestrani
26 Pleasant Ave.
Saugus
teacher

Ann Maffei
219 Gladstone St.
East Boston
childhood education

Vincent Maguire
41 Summer St.
Everett
naval officer

Susan Mahoney
100 Baldwin St.
Charlestown
nursing

Judith Martocchio
128 Central Ave.
Everett
nurse

Stephen Mastroloca
107 Bradford St.
Everett
accountant

John Mauriello
72 Bayard St.
Malden
special education

Ronald Mauriello
48 Bayard St.
Malden
business

Patrick McDaid

4 Brook St.
Somerville
business

Joseph McGonagle
13 Hampshire St.
Everett

Shelley McGonagle
30 Eden St.
Charlestown
accountant

Teresa McGonagle
45 Glendale St.
Everett
law

Frank Medaglia
567 Lincoln Ave.
Saugus

banking

Valerie Megna
55 Cambridge St.
Revere
biology

Anne Merrett
16 Autumn St.
Everett
physical therapist

Michele Mansfield
9 Lawnwood Pl.
Charlestown
accounting

Robin Miller
33 Hancock St.
Revere
medical field

Joseph Mobilia
35 Waverly Ave.
Everett
law enforcement

Robin Moresano
29 Bayswater St.
East Boston
pediatrician

Kathy Morales
24 Gilmore St.
Everett
interpreter

Brian Moran
7 Hall Ave.
Everett
carpenter

Michael Morgan
9 Pierce Ave.
Everett
artist

Victoria Morganti
14 Leyden St.
East Boston
accountant

Arleen Morganto
30 Feno St.
Everett
flight attendant

Cathyn Moscato
12 Joy Terr.
Malden
lawyer

Dorothea Mulhem
31 Freeman Ave.
Everett
accountant

Patricia Mullen

156 Garland St.
Everett
legal secretary

Debra Murphy
181 Cowper St.
East Boston
social worker

James Murray
186 Linden St.
Everett
forest ranger

Kim Nelson
463 Boulevard
Revere
teacher

Charlene Noe
1400 Salem St.
Malden
registered nurse

Daniel O'Callaghan
74 Warren Ave.
Chelsea
medicine

Mary O'Donnell
39 Harvard St.
Everett
nurse

Michael O'Leary
218 Vine St.
Everett
policeman

Lawrence Olivier
53A Chatham Rd.
Everett
commercial arts

Alan Olsen
5 Intervale St.

Revere
doctor

Maureen Olsen
22 Myrtle St.
Saugus St.
nurse

Jeannette Orsino
346 W. Emerson St.
Melrose
psychologist

Louise Palladino
7 Teragram St.
East Boston
architect

Carol Patenaude
39 Morris St.

Everett
legal secretary

Patrice Pelosi
111 Bradford St.
Everett

Margaret Penny
519 Ferry St.
Everett
medical field

Patricia Penta
61 Tappan St.
Everett
nursing

William Perry
156 Garfield Ave.
Chelsea
civil engineering

Donna Petrone
214 Brookside Pkwy.
Medford
child study

Donna Plunkett
9 Albion St.
Everett
physical ed. teacher

Albert Porras
102 Golden Ave.
Medford
chemical engineer

Michael Raftery
64 Taft St.
Revere
business management

Charlie Ragusa
49 Cook Ave.
Chelsea
management

Valerie Rao
179 Shute St.
Everett
occupational therapist

Geralyn Reardon
70 Newton St.
Everett
medical technology

Janice Reppucci
44 Preston St.
Everett
lawyer

Mary Elizabeth Restivo
125 Fern Rd.
Medford
legal secretary

Cheryl Ricci
133 Grover St.
Everett
medical secretary

James Richards
88 Bartlett St.
Charlestown

Joseph Rossetti
54 Third St.
Medford
history teacher

Debra Rumore
10 Waverly Ave.
Everett

Joanne Ryan
14 Westover St.
Everett
recreation leader

Vincent Sablone
126 Prince St.
Boston

Audrey Salvi
50 St. Andrew Rd.
East Boston

Jo-Ann Savignano
129 Feno St.
Revere

Elaine Sexton
84 Horace St.
East Boston
physical therapy

Brian Shea
9 Prospect St.
Charlestown
astronomer

John Sheehan

158 Jefferson Ave.

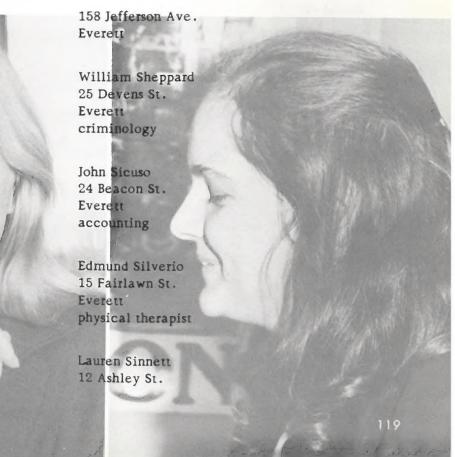
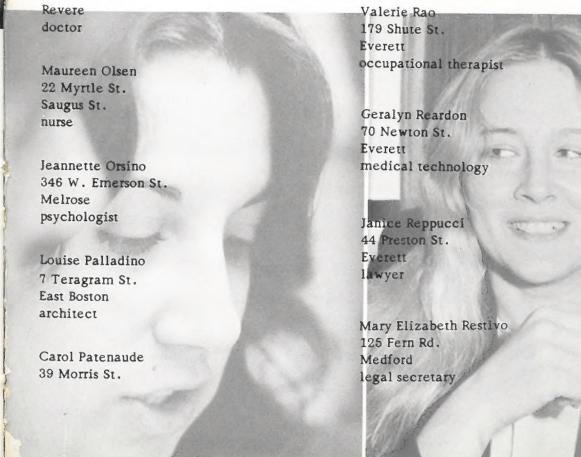
Everett

William Sheppard
25 Devens St.
Everett
criminology

John Sicuso
24 Beacon St.
Everett
accounting

Edmund Silverio
15 Fairlawn St.
Everett
physical therapist

Lauren Sinnott
12 Ashley St.



If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good,
nor talk too wise;

If you can dream - and not make dreams your master;
If you can think -
and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two imposters just the same:
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up
with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk to crowds and keep your virtue,
Or walk with Kings -
nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

- Rudyard Kipling

